

Child Care Health Consultation Lesson Plan

Contractor Name: Polk County Health Center

Date Submitted: 8/20/15

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Select one standard and one level

Health and Safety Standards

- ☐ Promoting Risk Management Practices
- ☐ Protecting Children and Youth
- ☐ Promoting Physical Health
- ☒ Promoting Mental Health
- ☐ Promoting Healthy Eating

Training Levels

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Source:

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Relationship Smarts

Training Goal: Understanding healthy relationships and recognizing warning signs

Learning Objective(s): Participants will

- Gain familiarity about what healthy & unhealthy relationships look like in the real world
- Acquire skills on how to dialogue with families and children about healthy relationships
- Raise awareness of behaviors which demonstrate abuse, as well as early warning signs of abuse
- Practice setting boundaries and applying them at the first signs of disrespectful behavior

Topical Outline of Content	Training Method(s)	Time (in minutes)
Intro/welcome	Discussion	5 min
Signs of Healthy Relationships	Lecture & activity	20 min
Unmet needs & Unhealthy relationships	Lecture & activity	5 min
Tips for dialogue	Lecture & activity	5 min
Early warnings & Red Flags	Lecture & activity	30 min
Drawing the Line of Respect	Lecture & activity	20 min
Wrap up and evaluation	Discussion	5 min

Method(s) of Outcome Evaluation: post survey

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Date Approved:
8/20/15

Authorized Approval Signature:



Date Expires:
Aug 2018